

Scaling Heights

Himalayan Leadership Program for Professionals

Advancing Leadership Skills through a Himalayan journey

October 2 - 7, 2019

Rishikesh - Ukhimath - Deoria Tal - Chopta - Tungnath



Overview

Corporate leadership is not just pushing one's limits and enhancing personal effectiveness but envisioning a great future and building the necessary physical and mental strength to transform the vision into collective action. Leadership cannot be learnt or imbibed in a classroom but through actual action in the field in diverse situations and scenarios.

The Himalayan heights provide the right setting for challenging oneself, imbibing the serenity and building the capability to handle diverse situations. *Scaling Heights* is a program that uses Himalayan treks as a means for self transformation. Places of serenity, spiritual significance and scintillating beauty will serve as the backdrop as you rediscover yourself.

Objectives

The program is aimed at

- Using Himalayana Yatra as a means to learn leadership principles : team work, physical and mental robustness, calmness and mindfulness
- Exposing participants to the richness of the experience that people derive by *being* in serene, beautiful and spiritual places such as the Himalayas

- Engaging in discussions and co-evolving solutions to challenges faced in organizational leadership

Content and Pedagogy

The program will be a blend of walks up the mountain, camping, meditation and self-reflection. Discussion and self-assessment tools will be used for enhancing one's ability to decode leadership principles and integrate them effectively.

- Trekking and camping
- Leadership training sessions and activities
- Yogic practices and Meditation
- Visits to places of spiritual significance and scenic beauty
- Understanding and handling VUCA (Volatility Uncertainty Complexity Ambiguity) Challenges
- Tools for Managing teams and organizations effectively
- Frameworks for embracing diversity and change
- Inner tools for becoming a purposeful leader and decision maker
- Insights from Yogic neuroscience for self awareness and emotional intelligence

Places of Visit

Rishikesh - Ukhimath - trek to **Deoria Tal Lake** - camping at **Chopta** - trek to **Tungnath**

Rishikesh is the gateway to the Himalayan ranges. Participants will get an opportunity to take a bath in the crystal clear waters of Ganga. **Ukhimath** is a spiritually significant place and conveniently located to reach other destinations in the itinerary. Doeria Tal is a beautiful lake located at 2400 mts above sea level. It is known for its mesmerizing reflection of the Chaukhambha ranges. Filled with lush meadows and evergreen forests, **Chopta** is an ideal camping destination. A trek to **Tunganath** and **Chandrashila** peaks can be elevating both mentally and spiritually.

Program Fee

Details will be emailed upon filling the interest form. Cost covers: all local and planned travel starting from Delhi, all the way back to Delhi. Healthy, Satvik Meals on all days, Comfortable and personal Boarding and lodging through the course of the program, Cost of trekking and camping, Leadership sessions

Who can attend?

Executives | Business Leaders | Organizational Heads | Managers | Entrepreneurs | NGO Leaders | Education Leaders

~ Working Professionals with at least 3 years of experience

~ Entrepreneurs/Founders with at least 1 year of completion since start of organization

Age

The program is open to individuals in the age band of 30-55. Individuals with conditions, heart problems, epilepsy and specific medical conditions may not be able to participate.

Itinerary Brief

Delhi to Rishikesh - October 1st at 9PM

Return to Delhi - October 8th at 7AM

The detailed program itinerary will be shared after Registration.

Application Process

- Fill the interest form at www.anaadi.org/lead
- Go through our response email
- Fill detailed form
- Make payment (fee and deadline will be mentioned in our email)

Contact

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